

Tab 1

Inner Power: The 4 Laws of Self-Control and Emotional Mastery

- **Law #1**

- Stop Caring About People's Opinions

Stop worrying so much. Even the small percentage of people that think negative things about you are doing so because they are unhappy within themselves. Life is meant to be lived. Zoom out and look, no one is busy ruminating on your every move. By letting loose and being you, you can come into alignment with the life you truly want. To begin this book we will start with the most important law of all... and that is understanding that if you let everyone's opinion get to you, you lose sight of who you are. Misery loves company right? Those who feel good about themselves, will never make you feel bad about yourself. When people insult you, belittle you, or try to make you feel bad about yourself, they're struggling with their internal world and trying to project that onto you. They want a reaction out of you. If you don't give them one... you take your power back.

When people disrespect you, they're dealing with a lot of shame and insecurity. I'm not justifying their behavior. I'm telling you why you shouldn't get upset. "Dogs don't bark at parked cars" you know what that means? In your life when you start making progress with anything, especially your mindset. When the car was stopped, when you were sitting on the couch doing nothing....nobody said anything right? No dogs we're barking. Nobody said anything. But when you get off the couch and start making progress now everybody wants to come out of the woodworks and point out what's wrong. That's the dogs barking. They're barking because the car is moving now, but that's a good indicator to keep going. You don't stop when the dogs are barking at you.

You need to understand that people don't want you to see your light because coming across your energy is triggering to the people who don't even understand their own light. They want you to feel how they feel. Do not lower yourself to fit these people's low standards.

Once you start to love yourself and improve yourself, you naturally shine the light on people's insecurities. It has everything to do with them, not you, it's their fault. Nobody asked them to compare their life to yours.

- Law #2

- Most Have Already Accepted Defeat

The majority of people that you come across, have already accepted defeat. They already accepted that they will never be nothing and want you to feel the same way. Do not listen to nobody that knows they're going to lose, they'll never understand your desire and why you want more. Don't expect people to understand your grind when God didn't give them your vision. You only look crazy until it works.

There's seven billion people on earth right now and less than five percent of them are actually carrying out their souls mission. Most people are just biological responses. Not even self aware, just reacting. Caught in ego loops. You try deep talking with them and they glitch or deflect with jokes. They haven't activated their awareness yet. Don't react to it. That's just the path they choose in this life. Not everyone wakes up.

Have you ever noticed you had the most friends when you were the worst version of yourself? Your worst self attracts the most people because your worst self makes others feel comfortable with their worst selves. You're not challenging anyone to be better. You're not holding up a mirror they don't want to look into. You're confirming that their low standards are normal. The moment you start improving, they leave because your growth highlights their stagnation.

- Law #3

- Humans Are Obsessed With Being Liked
- It's Not Your Job To Be Liked
- It's Your Job To Be Remembered

Confidence and arrogance? They're the same performance, just directed at different audiences. Confidence is what people call it when they're inspired by you. "Be humble bro" is what they say when they feel threatened by you. Notice how it's the exact same behavior, just filtered through insecurity.

Aim for controlled arrogance. Not the loud and obnoxious kind. That's a plea for validation. No one truly respects that kind. Women and wise people can see right through it. Aim for the quiet kind. The type that's felt before it's seen. You can't fake it. Arrogance without self-awareness turns you into a fool.

It's not about acting better than them, it's about knowing you don't need their approval.

If they hate you for it...let them. Fear and respect are far better currencies than approval. The ones who hate you? They'll keep your name in their mouths longer than your friends will. Remember, constant hate is disguised as admiration dressed in a different outfit.

- Law #4

- We Suffer More In Imagination Than In Reality

Why should we care at all about what people think? You can be the coolest person in town on one side of the world and the lamest on the other side. Why limit yourself to the opinions of those in your limited social circle? Get over this hurdle or it will act like a wall in many aspects of your life. Stop caring what they think, and start being free. People constantly feel the need to analyze their emotions and that's why they struggle to be happy. They can't fathom that it's ok to be happy for no reason. It's the reason smart people struggle so much. They think themselves into non action while the doers of the world learn from their experiences. So maybe you can take a page out of your "dumb" friends book or even the animals around you.

"What if they laugh at me? What if I fail? What if this? What if that?" We spend so much time worried about how bad things are going to be that we actually torture ourselves more than the thing we're worried about ever could.

Don't let imagination overtake reality. The problem with the world is that intelligent people are full of doubts while the stupid ones are full of confidence.

Negative entities will always try to test your peace, but understand that they feed off negative energy. Don't react, stop begging people to act right, stop trying to control how people feel, detach emotions and observe.

The path you walk was never meant to match the crowd.